
Malya Hirshkowitz, LMSW

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EDUCATION

2029 (expected)	Doctor of Philosophy (PhD) School of Social Work Rutgers, The State University of New Jersey New Brunswick, NJ
2022	Master of Social Work (MSW) Silver School of Social Work, New York University, <i>summa cum laude</i> New York, NY
2017	Bachelor of Arts (BA) Hamline University, <i>summa cum laude</i> St. Paul, Minnesota Major: Spanish Minor: Mandarin Chinese Captain: Hamline University Women's Soccer Team
2016	Study Abroad, Universidad ICESI Cali, Colombia Academic focus: Anthropology

RESEARCH INTERESTS

The impact of team sports on mental health and sexual and reproductive health, sport-based positive youth development, the Global South, female participation in sports, female empowerment through sport.

RESEARCH EXPERIENCE

2025 - Current	<i>Graduate Assistant</i> Project: VIP Mujeres Restorative Justice Community Circles Evaluation Research on Ending Violence (REV), School of Social Work PI: Chiara Sabina, PhD Rutgers University <u>Responsibilities:</u> Spanish translation, qualitative semi-structured Spanish interviews and focus groups, quantitative data collection, synthesis, and dissemination to community partners, and manuscript writing
2023 - Current	<i>Graduate Assistant (2023-2025), Research Assistant (2025-Current)</i> Project: Restorative and Transformative Justice Evaluation Project PI: Jacquelyn Duron, PhD & Paul Boxer, PhD School of Social Work & School of Psychology

Rutgers University

Responsibilities:

Focus group data collection, analysis of qualitative data, logic model presentations, coordination and planning with community partners, survey creation, survey translation into Spanish, and screening articles for a scoping review

OTHER PROFESSIONAL EXPERIENCE

2022-2023

Data & Evaluation Manager

Student Success Network, New York, NY

- Support and maintenance of internal data systems and platforms
- Creation and implementation of Continuous Improvement Framework
- Design and manage tracking systems and databases
- Creation of routine data tools
- Quantitative and qualitative analysis across a range of data sources to generate actionable insights

2021-2022

Research & Practice Specialist MSW Intern

Student Success Network, New York, NY

- Program Evaluation
- Project: Youth Participatory Action Research
- Surveys, focus groups, synthesis of findings, and analysis

2020-2021

MSW Generalist Intern

Streetwise Partners, New York, NY

- Main project: creating a comprehensive mental health resources presentation and tools for staff
- Conducted placement interviews for joining the one-year mentoring program

2018-2020

Youth and Families Development Volunteer

Peace Corps Ecuador

Rural site: cantón Santa Lucia, Guayas, Ecuador

- Primary project: Gender equity in sports, girls' empowerment
- Founded girls' soccer school: '*Nacida Para Jugar Futbol*'
- Facilitated and collaborated on projects; such as Drug use prevention, leadership club, teenage pregnancy prevention, '*Escuela para Padres*,' English courses

2017-2021

Teacher

Solecito Spanish Immersion Preschool, Seattle, WA (2017, 2021)

La Casita Feliz, Spanish Immersion Preschool, Seattle, WA (2020)

2015

Assistant Coach

The Bush School Girls Soccer Team, Seattle, WA

WORKS IN PREPARATION

1. **Hirshkowitz, M., & Nepomnyaschy, L. (2026).** Short and long-term impacts of sports team participation on adolescent and young adult mental health. Manuscript under preparation.
2. Gamble, A., & **Hirshkowitz, M. (2026).** The holistic benefits of team sport for youth development: Leveraging soccer and basketball for community-centered wellness. Manuscript under preparation.

INVITED TALKS AND PRESENTATIONS

1. **Hirshkowitz, M., & Nepomnyaschy, L. (2025, May).** Sports team participation and depression among US adolescents and young adults. [Working Group Presentation] Future Families & Child Wellbeing Study, Columbia University and Princeton University.

PRESENTATIONS AT PROFESSIONAL CONFERENCES

1. **Hirshkowitz, M., & Nepomnyaschy, L. (Expected: 2026, January).** Short and long-term impacts of sports team participation on adolescent and young adult mental health. [Flash Talk] Society for Social Work and Research. Washington DC.
2. **Hirshkowitz, M., & Nepomnyaschy, L. (2025, January).** Sports team participation and depression among US adolescents. [Poster Presentation] Society for Social Work and Research. Seattle, Washington.
3. **Hirshkowitz, M., & Nepomnyaschy, L. (2024, June).** Team sports participation and depression among US adolescents. [Poster Presentation] Annual Association of Social Workers in Sports Symposium. Keane University, New Jersey.

Awards, Honors, and Certificates

2017	Omicron Delta Kappa National Honors Society, Hamline University
2016	Hamline University Women's Soccer MIAC Academic All-Conference
2016	Hamline University Women's Soccer MIAC Athletic All-Conference Honorable Mention
2015	Hamline University Women's Soccer MIAC Academic All-Conference
2015	Hamline University Women's Soccer MIAC Athletic All-Conference First Team
2014	Hamline University Women's Soccer MIAC Academic All-Conference

Volunteer Experience

2025- current	<i>Women's Manager</i> Williamsburg International Football Club, (non-profit) Brooklyn, New York
2023 - current	<i>Maruku Secondary School Soccer Coach</i> Adventures in Health, Education and Agricultural Development, Inc. (AHEAD) Bukoba, Tanzania
2017-2018	<i>Daytime Volunteer</i> St. Martin de Porres Shelter Overnight shelter for men 50+ years Seattle, WA
2017-2018	<i>Daytime Volunteer</i> ROOTS Young Adult Shelter Overnight shelter for LGBTQ youth Seattle, WA
2017	<i>Daytime Volunteer</i> Listening House, day shelter St. Paul, MN

Licensure

2021- 2028	Licensed Master Social Worker (LMSW), New York State
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Languages

2018	Spanish: Peace Corps Language Placement: Advanced High/Superior; (C1-C2)
2017	Mandarin Certificate of Proficiency, Hamline University
2016	Spanish Certificate of Proficiency, Hamline University

Software

Data Collection and Analysis Software:
STATA, SPSS,
NVivo, Atlas.ti
Qualtrics
Excel